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News Release

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COUNTY OF KAUA'I
AGENCY ON ELDERLY AFFAIRS
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Workshop series aims to help Cancer survivors, caregivers

LĪHU'E – The Agency on Elderly Affairs will hold its first “Cancer: Thriving and Surviving” workshop at the Līhu'e Civic Center in the Piikoi Building starting March 1.

Cancer survivors 60 years and older and their caregivers can participate in this six-week workshop in self-management.

To register for the program, please contact Johnny Yago at 808-241-4898 or jyago@kauai.gov at least five business days before the start of the workshop. The workshop is limited to 15 people.

Topics will include:

- Techniques to deal with issues such as frustration, fatigue, pain, isolation, poor sleep, and living with uncertainty;
- Appropriate exercise for regaining and maintaining flexibility and endurance;
- Making decisions about treatment and complementary therapies;
- Communicating effectively with family, friends, and health professionals; and
- Nutrition, setting priorities, and relationships.

The workshop is part of a statewide initiative called Hawaii Healthy Aging Partnership – Empowering Elders. The program was developed at Sanford University and explores topics such as fatigue, cancer and the effects of treatment, depression, body changes, living with uncertainty, and discomfort.

For more information on the workshop, visit the Hawai'i Healthy Aging Partnership websites at hawaiihealthyaging.org/ and kauaiadrc.org/.

If you need an auxiliary aid/service or other accommodation due to a disability, please contact Johnny Yago at 241-4898 or jyago@kauai.gov as soon as possible. Requests made as early as possible will allow adequate time to fulfill your request. Upon request, this notice is available in alternate formats such as large print, Braille, or electronic copy.

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